



The Southwester

www.swdc.org

Serving the Southwest and Capitol Riverfront Communities

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Arena Stage Voices of Now: Southwest Young People Delight Community

By Elaine Graves

The 2010 Arena Stage Voices of Now Ensemble and Mentor Ensemble performed two short one-act plays at the Art & Spirit Coffeehouse at St. Augustine's Episcopal Church on June 2 to a full house of Southwesters. The free evening included coffee and desserts, and was followed by a Q&A with the audience, facilitated by Michael Mack.

Ashley Forman, Arena's director of education and programming, explained that "the Voices of Now Ensemble is a group of student actors from Southwest's Jefferson Middle School selected to work with professional theater artists from Arena Stage to create and perform an original one-act play."

Through creative writing, improvisation, acting and movement," she continued, "Voices of Now gives students a holistic, artistic experience and challenges them to recount the stories that shape their lives."

In the fall, students sign up to participate in four workshops, with each workshop introducing a new actor's tool. Students who complete the workshops are invited to audition for the Voices of Now Ensemble, which meets in the spring.

Wishing Well is an original play created and performed by the Jefferson Middle School Voices of Now Ensemble, exploring such thoughts as the nature and validity of making wishes. Forman directs with Psalmayene 24, a master



Voices of Now Mentor Ensemble actors, left to right, Adrienne Mavritte, DeLante Fludd, Ashley Hughes, and Monique Garey, rehearse for their play Encounter - a one-act, student-devised play about the everyday encounters of their lives.

teaching artist, and assistant director and stage manager Mitch Mattson, senior community engagement fellow.

Wishing Well interprets the power of wish making and the consequences of wishes coming true. What do you wish for? Who grants wishes? More importantly, what role do we play in making our own wishes come true?

The student cast includes sixth-graders Darneé Hunter, Naomi Johnson, Duyen Ngo, Nisa Shelton, seventh graders Jazzmin Camara, Micah Golphin, Rugie Jolloh, Keyerrah Poston, Shakira Reed, Brenda Wilson, Chrisdane Womack, and eighth-graders Aaron Golphin

and Jamir Nelson.

The Voices of Now Mentor Ensemble is comprised of actors who have previously participated in the Voices of Now Ensemble. The mentors have two jobs "first, to guide a new group of young actors through the demanding artistic process of the Voices of Now program. The second is to serve as artistic role models by creating and performing their own one-act play," said Mattson.

"Some of these students have worked with Arena Stage teaching artists for as many as six years," added Forman.

The Voices of Now Mentor Ensemble created and performed *Encounter*, based on the



Arena Stage's Voice of Now cast members, left to right, Keyerrah Poston, Aaron Golphin, Micah Golphin, Chrisdane Womack, Nisa Shelton and Darneé Hunter, rehearse their original play, Wishing Well.

question, "Have you ever had a moment when you thought, 'I could do something, something really important right now?'"

Forman and Mattson directed the original one-act play.

The student members of the Mentor Ensemble are Ky'Lend J. Adams, Duke Ellington School of the Arts, grade nine; Roderic David, Maret School, grade 12; DeLante Fludd, Thurgood Marshall Academy, grade nine; Charles Franklin, Duke Ellington School of the Arts, grade 10; Monique Garey, Dunbar Senior High School, grade nine; Ashley Hughes, Bell Multicultural High School, grade 12; Adrienne Mavritte, HD Woodson Senior High School, grade 12; Laneisha McCauley, Cardozo Senior High School, grade 10; Taelor A. Price, Friendship Collegiate Academy, grade nine; and Siera Toney, Benjamin Banneker Academic High School, grade 12.

The Southwest Episcopal Church's Art & Spirit Coffeehouse series opens on the first Wednesday of each month to showcase local artists in their various media as they perform and share how their faith, art and social worldview intersect, according to the Rev. Martha Clark, priest-in-charge at St. Augustine's. Donations will be accepted to help provide honorariums for the guest artists. Contact rector@staugustinesdc.org, 202-554-3222 or visit www.staugustinesdc.org for further information.

Westminster Hosts Interfaith Pride Service

Southwest's own Pastors Ruth and Brian Hamilton were named "engendered spirits" by Capital Pride and participated in the June 12 Capital Pride Parade. The husband and wife have been the co-pastors of Westminster Presbyterian Church since February 1996 and organized the first Trans Pride in 2007. They continuously uphold and fight for the rights of the Transgendered community.

Westminster Presbyterian welcomed neighbors to the 2010 Interfaith Pride Service on June 8, an annual service bringing together worshippers of Christian, Jewish, Muslim, Hindu, Buddhist, and Earth-based faiths, among others. It is now an official event of Washington's Pride Week. This year's theme was titled "Our Blessing - Our Selves" and celebrated the unity shared by all lesbian, gay, bisexual, and transgendered people of diverse faiths.

Westminster, known now to many as "The Jazz Church," was once more frequently called "The Gay Church" around the neighborhood. The faith-based openness of the congregation,



Rev. Brian Hamilton and Rev. Ruth Hamilton help lead the 2010 Capital Pride Parade through the streets of Washington

under the leadership of the Rev. Dr. Jeanne MacKenzie, inspired Westminster to first celebrate and welcome the blessing of the LGBT community. Although Westminster's great community ministry is evolving and growing, it has never lost its commitment to full inclusion and justice for LGBT people.

When Ruth and Brian were selected to

receive this year's Engendered Spirit Award given by the Capital Trans Pride organization, Ruth commented that "Westminster has always been blessed by the message of God that comes from people and places too often rejected and ignored. We are grateful for the diversity of God's creation and celebrate the blessing of everyone God has made. We understand the damage and pain many churches have done to LGBT persons. You won't find condemnation at Westminster. You'll find celebration."

Along with many Presbyterians and people of other faiths, the congregation was represented in the Saturday, June 12 Pride Parade.

At Westminster's own Pride Sunday service on June 13, Parish Partner, the Rev. Harry Stock, a proud gay man and former pastor with the Episcopal and MCC denomination, served as preacher. After the service, bagged lunches were given out to worshippers, many of whom headed down to the church's booth at the Pride Festival on Pennsylvania Avenue.

The Southwester pays tribute to Dr. Dorothy Height in the words of her neighbors. See page 5



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Organizations

CBCC Prepares to Sign People Up for Homebuyer's Club

By Ken Lacruise

After a positive turn out at the information session, The Community Benefits Coordinating Council (CBCC) is preparing to sign up Near Southeast and Southwest residents for the Southwest Homebuyer's Club. The club is for residents interested in preparing themselves to become first-time homeowners. The official kickoff and sign up session will take place on June 23 at 6:30 p.m. at St. Augustine's Church at 600 M St., SW.

The Southwest chapter of the Homebuyer's Club – a peer support group and a homeownership counseling program – will encourage members to save toward the down payment on a home and give them the tools and knowledge required to become a homeowner. The Chapter will meet once a month over the course of a year for a 90-minute weekday evening session to prepare participants for homeownership. Individual credit counseling and guidance will also be available. Childcare and a light meal will be provided to participants. The cost to participate is only \$20.

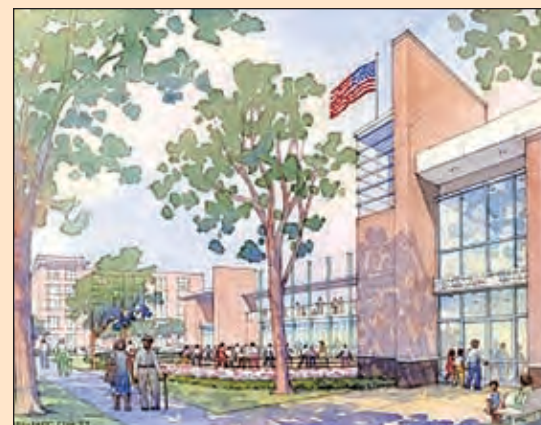
Qualified residents must earn sufficient income in order to qualify for a mortgage in the District of Columbia. Given the current housing prices, residents must be earning approximately 50 percent of the Area Median Income in order to qualify for a loan. In other words, a single-person household needs to earn about \$36,000, a family of two needs to earn about \$41,000 and a family of four needs to earn about \$51,000.

If you are interested in signing up or want to learn more about a Southwest Homebuyer's Club, please join us at the kickoff and sign up session or contact Ken LaCruise, Board Member, CBCC at 202-554-7011, Juanita Jones, Board Member, CBCC at 202-664-9094, or CommunityBenefits@yahoo.com.

ANC 6D Meeting: As Seen From the Pew

By The Southwester Staff

The ANC 6D commissioners met on Monday, June 14 to address their monthly business agenda at St. Augustine's Church. The highlight among the presentations was one by The Friends of Town Center West Park on 6th and I streets. The newly formed group petitioned the ANC to grant them status to apply to the D.C. City program of Parks Partners. The organization has already had a number of work days at the park and plans on continuing to work on the second Saturday of each



Rendering of the New Capper Community Center, courtesy of Torti Gallas CHK

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Assembly to Discuss Upcoming Development Project

The Southwest Neighborhood Assembly would like to thank all the residents who came out to our May meeting. We hope it provided parents and grandparents with some valuable information about youth activities in our community.

This month, the Assembly will host a forum focused on another neighborhood priority—development. We expect to hear from CSX, the freight rail company, regarding its planned construction project through parts of Southwest and Southeast. The construction promises to be a major event in the area and CSX would like to update us on its plan as well as entertain any comments or concerns from residents.

We are also working to get a representative from DDOT to provide a second perspective on the project, and we have invited Brian Johnston to update us on the 11th Street Bridge Project.

The meeting will be held in the sanctuary of St. Augustine's Church (Sixth and M streets, SW) at 7 p.m. on June 28. Questions can be directed to peter.atlee@gmail.com.

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Contact The Southwester by e-mail at thesouthwester@yahoo.com for questions and to send materials and advertisements.

To contact the Southwest Neighborhood Assembly, Inc., please leave a message at 202-554-8560.

Southwester Staff

Dale MacIver, *Editor Emeritus*;
Glenn Favreau, *General Editor*;
Matthew Bevilacqua, *Assistant Editor*;
Erin Fitzgerald, *Assistant Editor*;
Michael Pyatt, *Assistant Editor*;
Perry Klein, *Distribution*;
Electronic Ink, *Design & Layout*;
Silver Communications, *Printer*

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Community Calendar

THU., JUNE 17 PSA 104 Meeting, 7-8:30 p.m., Riverside Condominium, 1435 Fourth St., SW

FRI., JUNE 18 Nationals Home Game, 7:05 p.m.

SAT., JUNE 19 Flea Market/Open House, 9 a.m.-2 p.m. (Men's Breakfast 9-11 a.m. for \$5), 900 Fourth St., SW.

Book Sale, 9:30 a.m.-2 p.m., SW Public Library, 900 Wesley Place, SW. swfriends@yahoo.com for more information.

SUN., JUNE 20 Nationals Home Game, 1:35 p.m.: Father's Day/Scout Day. Free Travel mug for first 20,000 fans. Baseball 101 for Women.

Annual Men's Day, 9:45 a.m., Second Baptist Church Southwest, First and M streets, SW.

MON., JUNE 21 Nationals Home Game, 7:05 p.m.

TUE., JUNE 22 Nationals Home Game, 7:05 p.m.: T-Shirt Tuesday, free t-shirt for first 10,000 fans.

SW Chambers Players Concert with Riverbend Opera Company, 7:30 p.m., presenting Puccini's "La Rondine", St. Augustine's Church, 600 M St., SW.

WED., JUNE 23 Nationals Home Game, 4:35 p.m.: Business Professionals Day.

SW Homebuyer's Club kickoff meeting, 6:30 p.m., St. Augustine's Church, 600 M St., SW.

Summer Solstice Wellness Festival and Potluck, 5-8 p.m., Westminster Presbyterian, 400 I St., SW.

THU., JUNE 24 DC Consolidated Forensic Lab Construction Job Fair, 1 p.m.-4 p.m., Community Room Metro Police Department 101 M St., SW. D.C. residents only. For more information contact Stanley Cousins 202 698-1020.

SUN., JUNE 27 Benefit Concerts to support Jazz Night in Southwest, 6:30 p.m., Westminster Presbyterian, 400 I St., SW. \$40.

Grounds for Discussion: Reform Efforts in D.C.'s Juvenile Justice System, John M. Mein from DYRS, 11 a.m., St. Augustine's Church, 600 M St., SW.

MON., JUNE 28 Southwest Neighborhood Assembly Monthly Meeting (CSX Tunnel Project Discussion), 7 p.m., St. Augustine's Episcopal Church, 600 M Street, SW.

WED., JUNE 30 ANC 6D Alcohol Beverage Control Committee Meeting, 7 p.m., King Greenleaf Recreation Center, 201 N St., SW. Contact C. Farlee 202 554-4407 cfarlee@mindspring.com.

Southwest Neighbors' Night Twilight Tattoo military pageant performance, 8:30 p.m., Ft. McNair, SW.

THU., JULY 1 Nationals Home Game, 7:05 p.m.

FRI., JULY 2 Nationals Home Game, 7:05 p.m.: Black Heritage Day.

SAT., JULY 3 Nationals Home Game, 7:05 p.m.: Free Replica Patriotic Cap for first 20,000 fans.

SUN., JULY 4 Nationals Home Game, 1:35 p.m.

Uncle Sam Jam, 3 p.m.-10:00 p.m., SW Waterfront. Tickets required.

Fourth of July Fireworks Cook-out and viewing, noon to 10 p.m., St. Augustine's Church, 600 M St., SW. Proceeds to benefits church's outreach programs.

WEEKLY, BIWEEKLY

THE KIWANIS CLUB of Southwest Waterfront meets year-round at Christ United Methodist Church, 900 Fourth St. SW, every first and third Monday from 6:30 p.m. to 7:30 p.m.

TUESDAY AND THURSDAY EVENINGS: The South Washington West of the River Fatherhood program will start their "Quenching the Father Thirst" sessions at St. Augustine Church, 600 M St. SW. The sessions provide a place for dads to talk, share and learn to improve relations with their wives and children. For more information call Alphonso Coles at 202-870-1885.

SOUTHWEST SEWING GROUP, Mondays, 9:30 a.m. - 2:30 p.m., St. Augustine's Episcopal Church, 600 M St. SW, contact Willie Mae Stukes, Sewing teacher, 301-445-1792. Open to all interested in

working on their own sewing projects and updating their hand and/or machine sewing skills. Meets every Monday, except for July and August.

SOUTHWEST RENEWAL AA (Alcoholics Anonymous) group, Mondays, 8:30 p.m., St. Augustine's Episcopal Church, 600 M St. SW, 202-554-3222.

SW FREEWAY NA (Narcotics Anonymous) group, Wednesdays, 7 p.m. - 8 p.m., Westminster Presbyterian Church, 400 I St. SW, 202-484-7700.

AARP-SOUTHWEST WATERFRONT, CHAPTER 4751 meets the third Wednesday of each month, except for June, July and August. River Park Mutual Homes Inc., Community room, 1311 Delaware Ave. SW. Founded in 1958, AARP is a nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives. For further information, contact Chapter President Elger Offutt, ee.offutt@comcast.net or 202-285-4677.

SATURDAYS, 12 NOON- 1 p.m. Hand dancing classes, (jitter bug, lindy hop). Classes by Markus Smith of Swing Anatomy Dance. \$10/class for adults, \$5/class for children ages 8-17. Christ United Methodist Community room off Wesley Place, SW.

WEDNESDAYS 7-9 P.M., Chess Club in the main room of the SW Library, 900 Wesley Place, every Weds, for all levels, even beginners

AS YOU PLAN your calendars for the remainder of 2010, please add the date of Saturday, September 11, 9 a.m. to 3 p.m., for St. Augustine's Episcopal Church's annual End of Summer Fair. Our theme this year is "Sail into Fall." We hope you'll join us to help raise funds to support our community programs for children, teens and seniors. Soon you'll receive information on sponsorships and opportunities to be vendors.

AARP-SOUTHWEST WATERFRONT, CHAPTER 4751. Summer luncheon in a restaurant during week of June 21. For more information, contact Chapter President Elger Offutt, ee.offutt@comcast.net or 202-285-4677.

Please submit calendar items for July events by e-mail to thesouthwester@yahoo.com by Monday, June 28, 2010.

CFR Famers Market

The new Capitol Riverfront Farmers Market, offering fresh produce and locally prepared foods, opened May 6 and will operate from 3 p.m. - 7 p.m. weekly through November at the intersection of New Jersey Avenue SE and M Street SE, adjacent to the Navy Yard Metro exit.

Every Thursday, the Capitol Riverfront will host a festive marketplace with over 10 local farmers and vendors selling fresh fruits and vegetables, breads and baked goods, herbs and spices, desserts, flowers, prepared foods and more. The fresh food market is presented by the Capitol Riverfront BID and Diverse Markets Management, in partnership with The Donohoe Company. The Capitol Riverfront is also home to the USDOT farmers market held every Tuesday beginning this week from 10 a.m. - 2 p.m. between the US DOT buildings.

Basic Human Services or Premium Transportation Systems?

The D.C. streetcar program has become a cause celebre for transit aficionados and new city residents. However, there are a number of reasons why we should more carefully plan the city's transportation system – specifically the proposed streetcar network and its related propulsion system. Washington Post reporter Philip Kennicott suggested that the prevailing concerns with the streetcar are largely tied up with preserving the city's monumental view-sheds. For the Southwest community – programmed to be the hub of two streetcar lines – this couldn't be further from the truth.

As a neighborhood that lies adjacent to the National Mall, we undoubtedly appreciate the District's many civic structures and correspondingly support efforts to respect them. But our most immediate concerns are sustaining and elevating the health, safety and welfare of all Southwesters.

We question why the city is embarking on a new \$1.5 billion dollar program when it's faced with enacting historic real estate tax increases and repackaging debt in an attempt to keep the city's bond rating from falling.

We question why the city is developing a premium transport system when it can't afford to maintain its existing public transport system.

We question why the city is repurposing finite right-of-way space before conducting a transportation plan.

We question why the city is allocating billions of dollars on capital improvements for transport when we can't afford to maintain our libraries, recreation centers and social service programs.

We question why the city is falling back on a flawed propulsion system that's over a century old rather than promoting and capitalizing on a propulsion system for the future.

The financial challenges of the city have been well-documented. One of the most tangible effects for a majority of Southwesters was a property tax hike at a level not seen for decades. Like transit users citywide, a majority of Southwesters depend on public transit and now face two major rate increases within a year. Streetcar advocates point to economic development that such projects often spur. But recognizing that much of the development capacity already is, or planned to be, maxed out along the streetcar corridors – Southwest included – such indirect benefits seem doubtful at best.

Southwest is a primary commuter route for city and suburban residents. Traffic has been steadily increasing for over a decade, and during that time residents have been requesting a transportation plan. With plans for bike lanes and streetcars and an upgraded Anacostia River crossing for I-295 now closer to Southwest, it's not clear to residents that auto traffic will effectively dissipate. Not unlike many corridors contemplated for the streetcar, Southwest is well served by the Circulator, Metrorail and Metro-Bus transportation systems. Many Southwesters walk to work. It is unclear why another public transport system will significantly change the transportation dynamic. City planners do not anticipate the streetcar to be significantly more attractive or quicker than the Circulator or MetroBus.

While we certainly believe enhanced mobility is an important goal, a publicly-financed system should be thoroughly evaluated against other public services. At Southwest's most recent Advisory Neighborhood Commission meeting the community concluded that our greatest eyesores are District-owned facilities, including the motor vehicle inspection and fire department facilities. We appreciate the efforts of our Councilmember Tommy Wells to improve our central park, but I continue to hear from my constituents that they avoid many of our recreation facilities out of fears for personal safety. And now we're going to invest in a streetcar propulsion system that has a history of causing fires and interference with tree canopies?

Southwesters look forward to enhanced mobility, but we strongly encourage city leaders to carefully plan our investments.

Carolyn G. Mitchell
President
Southwest Neighborhood Assembly

CSX Virginia Avenue Tunnel Project

My husband Bruce and I are homeowners and residents of Capitol Quarter, EYA's new townhome development in the Southeast Capitol Riverfront neighborhood. It's been a long road home for us and for our neighbors, and we love the area. But we fear that our quality of life – the beauty, value, safety and peace of our new neighborhood and homes – will be short-lived. CSX Corporation plans to expand the existing Virginia Avenue rail tunnel. Once this three-year construction project, only yards from some of our new homes, is completed, freight rail capacity could potentially quadruple in the tunnel.

My neighbors and I have been surprised by this unanticipated and recently unveiled proposal. We are hungry for the facts about the project. And after years of waiting for our homes, we wonder why this major transportation project wasn't better coordinated with local officials, community groups and other area developments to coincide with the schedules of other publicized area construction projects planned and in progress over the past several years.

In October 2006, when Bruce first brought me to the area and suggested we make our home here, the scene left a lot to be desired. Several of the blocks were completely vacant of structures. A few empty buildings, previously part of the Capper Carrollsburg public housing complex, now housed squatters. The private homes and their residents stood like lonely, but proud and strong, survivors ready for some company. Two blocks were covered by a school bus parking lot. The U.S. Department of Transportation headquarters on M Street SE was just beginning to take shape. The Capitol Hill Tower/Courtyard Marriott complex had only recently opened to guests and homebuyers.

Bruce had vision, and he did his homework. He was convinced this was going to be a lively urban community filled with residential, business, recreational and social prospects. And I was easily persuaded of the same after reading the three-inch thick file he gave me during that first visit. It was filled with area projects in various stages of development, including high-rise condominiums and rental apartments, office buildings with ground floor retail, Canal Park, waterfront recreational spaces and the conversion of several riverfront properties into multi-use projects to include residential, retail, restaurant and hotel spaces. We did not, however, come across any information about the CSX Virginia Avenue Tunnel project.

Along with dozens of other families, we became pioneers, reserving home lots in this new development. For a variety of reasons outside the buyers' control, our move into our new home was delayed over and over again. In July 2009, just three months short of three years in our wait, Bruce and I finally closed on our home.

While the unanticipated wait was, at the least, a frustration for our neighbors and us, we all believed in this neighborhood and in the homes we were purchasing. During those years, we often visited our "dirt," paid numerous visits to the sales trailer to inquire about our homes' status and other area project news, as well as to pour over flooring, tile and cabinet options. We saw parts of the streets torn up, watched the dirt fly, and reveled in seeing the new streets paved, sidewalks constructed and landscaping installed. Along the way, we met many of the people who would become our neighbors and shared news of additional neighborhood groundbreakings. Our collective enthusiasm was absolutely contagious as the homes began to fill with people and their belongings. We quickly nested; we were home.

So, since the CSX Virginia Avenue Tunnel project became known to us in December 2009, we have been asking many questions among ourselves. Where did this project come from? Why now are we only learning about this major transportation initiative? How is this project going to impact our homes, neighborhood and quality of life, not just during the three-year construction phase, but also for years to come?

On April 12, 2010, I and several other Capitol Quarter residents attended the Advisory Neighborhood Commission (ANC) 6D meeting, at which CSX representatives presented an overview of the Virginia Avenue Tunnel project and suggested several options for mitigating the inconveniences of the project on our area and homes. While they provided some information, the session also raised additional questions. At the request of several area residents, CSX and its consultants have agreed to participate in a community meeting with us in the coming weeks.

We welcome this dialogue with CSX and its representatives, and we desire that EYA and our elected representatives will participate with us at this forum. More importantly, we hope this is only the first of many community discussions between Capitol Quarter residents and CSX as well as with other local developers. After all, doesn't responsible community rebuilding, restoration and revitalization deserve such coordination?

Anne Darconte,
Southeast

Blotter

Reported by John McGrath

Highlights of PSA 104 Monthly Meeting, Thursday, May 20, 2010, 7-8:30 P.M., Syphax Village Condo

1. Lt. Gallucci reviewed the crime statistics for January-April 2010, which were uniformly lower compared to 2009 in all nine crime report categories. Discussion followed about:
 - A - Robberies were up slightly in April 2010. As noted in prior monthly reports, 1-3 incidents of assault (with/without weapon) and robbery are occurring in PSA 104 each month. No arrests have taken place due in part to the inability of victims to identify perpetrators. Police are targeting their limited resources to known trends, e.g., robbery and specific locations. It was noted that the highest number of arrests in PSA 104 in most months are drug-related crimes.
 - B - First District Commander David Kamperin is seeking added staff resources for major holiday activities. Lt. Gallucci noted that citizens can make their concerns about traffic-related issues, such as blocked intersections, speeding and timing of traffic lights, known by accessing the D.C. Government website and making a "service request." A resident of Half Street SW advocated lobbying

- Chief of Police Cathy Lanier and Ward 6 Councilmember Tommy Wells about the need for added resources – staff, squad cars and technical equipment – for PSA 104 in light of the challenges posed by high levels of drug activity and the high juvenile population in public and subsidized housing properties in Southwest.
- C - PSA 104 officers are working with homeless individuals and providing assistance, shelter and placement, when appropriate.
 - D - Tuesday Night Safety Walkers reported multiple incidents of marijuana smoking by teenagers in the vicinity of Fourth and O streets SW.
 - E - PSA 104 was recognized as the top PSA in the First Police District by Commander Kamperin at the First District and CAC Awards Banquet on May 18, 2010. Audience members complemented Lt. Gallucci and his officers for their leadership and cooperation in tackling a variety of problems in the Half St/Carrollsburg Place SW corridor.
2. During the meeting, a resident of Syphax Village Condo directed police attention to the parking area behind the meeting room. As a result, a man and a woman were arrested for prostitution in an illegally parked vehicle.

Next Meeting: June 17, 2010 (7 p.m. – 8:30 p.m.) Riverside Condominium, 1435 Fourth St. SW

Reform Efforts in D.C.'s Juvenile Justice System

By Elaine Graves

“**H**opeful Reform in D.C.'s Juvenile Justice System” is the discussion topic for the Sunday, June 27 Grounds for Discussion program hosted by St. Augustine's Episcopal Church at 600 M St. SW. John M. Mein from D.C.'s Department of Youth Rehabilitation Services (DYRS), Office of the Chief of Committed Services, is the featured speaker at the event, beginning at 11 a.m. with light refreshments and concluding with an audience Q&A.

Prior to service with DYRS, Mein served as a sworn member of the Metropolitan Police Department. He worked as a full time youth minister at a local church for several years and was ordained into the ministry. Mein currently

works on the ministry team as a member of the clergy at Matthews Memorial Baptist Church in Southeast. He attended the metropolitan Washington, DC's Reformed Theological Seminary.

Mein, a native Washingtonian, grew up in Potomac, Md. He graduated from North Carolina State University with a major in Natural Resource Policy and Administration, and now lives in Southwest.

Grounds for Discussion is a community speaker forum offered on the last Sunday of each month from 11 a.m. to noon. It focuses on local, national and global issues that challenge us both as citizens and people of faith, according to the Rev. Martha Clark, priest-in-charge at St. Augustine's. Guest speakers will include writers, educators, and civic and church leaders.

Reality Check: Run Forest Run

By Essita Duncan

I am always a little perplexed when people decide to ignore a court summons or fail to appear for court because they got scared. Too often people are afraid of facing the inevitable. Trust me, you can run but you can't hide for so long before the law catches up with you. You can act as if you never received the court's summons, if you like, or skip your impending date with the criminal court. But eventually your number will be up!

Yes, you may be facing a long list of criminal charges and your record may be thicker than the Yellow Pages, but by adding a failure to appear to your record, you can almost guarantee that your worst fear of being locked up will come to pass. In addition to being accused of crimes that you are of course innocent of, you have now told the court you are a flight risk. Your lovely prosecutor will be jumping up and down with joy asking that you be detained pending your next court date. Forget your very capable defense attorney arguing that you are sorry and you got scared and that it won't happen again; more than likely you will pass Go all the way to the slammer.

So unless you can find a good hiding place like Saddam Hussein (who, mind you, was even-

tually caught himself), you will have to face the music; if not today, then someday in the future. It doesn't get any easier if you are trying to hide from a civil matter. Can we say DEFAULT JUDGMENT, LIENS and ATTACHMENTS? Sure you may not be facing a threat to your freedom per se, but depending on the civil matter, the other party may win automatic access to your money and/or property because you failed to respond. For many of us, the loss of money and property is as detrimental to our wellbeing as the loss of our freedom.

Regardless of whether you are innocent or guilty as charged, running can only make matters worse. It is better to be present and accounted for so you can at least put forth the best defense possible, instead of leaving it to chance. I say if you are charged with something or facing a threat to your interests, don't just hand it to the other side on a silver platter. Get in there and make them work for it. Remember, it's not over until the judge or jury says so.

This does not constitute legal advice and does not establish an attorney-client relationship. Essita Duncan is an attorney in private practice who can be contacted at eduncan@duncandefense.com.

Honoring Dr. Dorothy Irene Height & Four Female Civil Rights Leaders

By Raul Moreno

On Friday, May 21, 2010 a dedication ceremony was held in honor of Dr. Dorothy Irene Height and four female civil rights leaders, Alexis Herman, Molly Yard, Patsy Mink and Barbara Jordan. The ceremony took place in the Jefferson Middle School auditorium and students, faculty, friends and family were in attendance.

At the beginning of the ceremony, our school principal, Ms. Patton, said a few words accompanied by student leader Jessica Heath. A question and answer session took place and then it was revealed that the people to be honored were female leaders who protected women and human rights. We learned that different people who had a significant impact on our history lived in our very own Southwest neighborhood such as Anthony Bowen, Alexis Herman, Molly Yard, Barbara Jordan, Thurgood Marshall, and Patsy Mink. After all questions were answered the five women were honored.

The first person to be recognized was Dr. Dorothy I. Height. Thelma Jones, a writer of the *Southwester* and the person who interviewed Dr. Height before her death, described how a great woman Dr. Height was. She said that she interviewed her last year in January of 2009. She talked about the call box that was designed with her face on it, which would be adorned with a pink metal hat. The hat was a replica of one worn by Dr. Height. Ms. Jones explained that when the call boxes were no longer in use nobody wanted to bring them down so they decided to use them as historical landmarks. She said that Dorothy Height vis-

ited her call box before she died. Thelma Jones then presented a recording of the interview with Dr. Height. She talked about President Barack Obama and how she got a peck on the cheek by three presidents. Ms. Jones also said that one piece of advice Dr. Height gave to us students is to be proud of what we do and who we are.

The second person to be honored was former Secretary of Labor Alexis Herman. The person who gave tribute to Ms. Herman was a woman named Patricia Lattimore. She said that Ms. Herman was a self-confident person and that she was a close friend to Dr. Height. Alexis Herman, at the age of 29, was the youngest director of the Women's Bureau under President Carter. After Ms. Lattimore talked about Ms. Herman, she graciously answered student questions. One of the questions was, "What does a secretary of labor do?" She answered that a secretary of labor enforces laws. Then Ms. Lattimore stated that Ms. Herman met Dr. Height in 1971 and they instantly knew they could learn a lot from each other.

The third person to be honored was Molly Yard. The person who gave tribute to Ms. Yard was Kim Gandy. Molly Yard was the former president of NOW (The National Organization for Women). She was born almost 100 years ago and she is almost the same age as Dr. Height. She was born in the year of 1912 in China because her parents were Methodist Missionaries. She mentioned that in China it was considered beautiful to have small feet. Ms. Yard grew up hearing girls being tortured

Continued on Page 8



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Dr. Dorothy Height passed away on April 20, 2010, but her presence lives on among us, as evidenced by the testimonies in this tribute by The Southwester.

"Dr. Dorothy Irene Height was an incomparable lady by any measure. Her long productive life is a testament to intelligence, perseverance and plain hard work. We had many discussions on the importance of education in helping children meet the many challenges of today. Dr. Height was an active member of the Board of Trustees of Community Academy Public Charter School (CAPCS) and it was our privilege to rename the school in her honor. Our students and staff came to know her as a role model and inspiration. Personally, my wife and I considered Dr. Height a member of our family. I came to think of her as Mom and it was a role she accepted and enjoyed. We were captivated by her stories, charmed by her style and good humor, and beneficiaries of her wisdom. There isn't a day that goes by that I don't think of her."

Kent Amos, Founder, the Dorothy I. Height Community Academy Public Charter School

"Dorothy Height was an amazing woman. She touched so many people in so many different, yet individualized ways — it seemed no two people had the same relationship. She knew just who to call for what purpose. Even in her 90s, she was indefatigable, working harder than many half her age. And what a remarkable memory! I will never forget traveling down a New York street with her. Dorothy passed an address, named it, and said, "Now in 1937, so-and-so lived at that address and did such and such." Amazing! She was a living library; she made history come alive with living stories of traditional icons. Dorothy also loved children and young people. She was always gracious and accessible to the young people who looked to her for wisdom and encouragement, including my granddaughters — when one was 3 years old and one 13 years old. She specialized in young professionals and mature leaders. Dorothy always knew what to say and when to say it."

**Amy Billingsley,
TheHistoryMakers and
Southwest Resident**

"Dr. Dorothy Height was an incredible influence and support for so many young women including myself. I will never forget the day I was introduced to her at a luncheon where she and Katherine Graham were being honored. I was fresh from Omaha, Nebraska and to be in the same room with these two great women was definitely a defining moment in my life. As I watched them both seated so regally on the podium and as I listened intently to the many accolades that were being shared about their lives, I started to pray that one day I could be a humanitarian just like them. I said that to Dr. Height when I was introduced to her and she said: "you should pray to be even better" and to this day I am still committed to working on that mission."

**Cathy L. Hughes, Chairperson of the Board/Director/Secretary,
Radio One, Inc. & Former Southwest Resident**

"I cannot remember when I first met Dr. Height; however, I distinctly recall attending a conference in Atlanta, GA in the mid-1980s that she and several other leading civil rights women were active participants, including Shirley Chisholm, Eleanor Holmes Norton, Wilhelmina Rowlark, and C. Delores Tucker. Like so many others when you're in the presence of prominent and influential people, I was awe struck throughout the entire weekend and never stop flicking my camera. It is so wonderful to have those photos as a treasure trove now! When the Southwest Neighborhood Assembly invited me to interview Dr. Height in January 2009, that same feeling of awe and reverence returned at and all I could think of was how fortunate I was to have the honor of interviewing a living legend and now to enjoy it on an audio forever. Dr. Height demonstrated to me and others the importance of service with a conviction and a penchant for giving back and making a difference. This is one of the greatest ways that I can continue to honor her legacy by being zealous in giving back and making a difference."

Thelma D. Jones, Past President, Southwest Neighborhood Assembly

"We will miss Dorothy Height, our most famous Southwest neighbor! In addition to her national and global contributions to women's rights, civil rights, and human rights, Dr. Height contributed to our community such as by speaking at our schools and Southwest Neighborhood Assembly (SWNA), by participating in the Town Square Towers flea market, and by donating a hat to a SWNA auction. We enjoyed working with her on the 700 Seventh Street Call Boxes honoring her and four of her prominent local friends, Secretary of Labor, Alexis Herman; National Organization for Women, President Molly Yard; and Representatives Patsy Mink and Barbara Jordan."

Sue & Perry Klein, Sponsors, Dr. Height/Women's Rights Call Box & Southwest Residents

"Dorothy Height was a pioneer in the fight for equal justice under law. She was the glue that held our civil rights programs together. Dorothy Height will be surely missed."

**Mrs. Thurgood "Cissy" Marshall
and Former SW Resident**

"Several years ago, Ms. Height called me at home to ask me what years I worked in the White House. I told her that I had never worked in the White House... State, Commerce and Justice departments, but never the White House. "Well, I remember a day when you and Cliff Alexander were working there. I told her that Cliff had, indeed, worked in the White House and that the time she was remembering I was working at Justice. "Well," she replied, "There was to be a meeting with the "Big Six" Civil Rights leaders with President Johnson. When I came into the

Cabinet Room, the president and the other leaders hadn't gotten there yet. You two took me to a seat next to where the President would sit," she said, "You two told me that President Johnson wanted me to sit next to him." Then, remembering, she said that when the other leaders came in a couple of them went for the seat you had led me too. When they looked like they were going to edge me out, you two came over and said, "This is where President Johnson wants Ms. Height to sit," and you two edged them out and I sat next to the president."

"Ms. Height, who were the two that Cliff and I directed away from that seat?" I asked. "Your uncle and Martin," she replied. I reared back in my chair and howled with laughter...."Talk about speaking truth to power," I said. "Yes," she said, laughing heartily herself, "truth to power."

**Roger Wilkins,
Civil Rights Activist and Southwest Resident**

"I met Dr. Dorothy Height when I was a sophomore in college attending my first Delta convention. Whenever I saw her, she was always the same — kind, friendly, wise and always ready to give great advice. No matter when or where I talked with her, she always gave me advice that I will never forget. When I became head of a national organization and I was facing challenges with people or a project, she advised me to always give difficult people a job to do. It becomes more difficult for them to criticize when they are in charge of something. Fortunately, I have a lot of members and friends who are willing to help, but on a few occasions, I have certainly followed her advice--and she was right!"

**Dr. E. Faye Williams, Esq. National Chair,
National Congress of Black Women, Inc.,
and Southwest Resident**

A Standing Ovation for a Southwest Heroine: Dorothy Height

SW Community Garden Established by St. Matthew's Lutheran Church Provides Outreach to Youths, Parents

By Dan Felger, St. Matthew's Community Garden Coordinator

St. Matthew's, currently worshipping with First Trinity Lutheran Church at Judiciary Square, is developing a community garden

at 222 M St. SW. The initial registration period ended June 4, but parents of Southwest grade school students who want to garden with their youths can register during the remainder of this month, as long as plots are still available.

St. Matthew's pastor, the Rev. Phillip Huber, grew up on a family farm in West Virginia and now extols the benefits of teaching students how to garden. "Children are going to learn how locally-grown fresh vegetables taste great and contain plenty of nutrition," Huber said. "Mrs. Obama reminds all of us that children who develop healthy eating habits early will probably do better in the classroom and can expect to enjoy good health when they become adults. And here's another upside: Growing your own veggies can also save money that a family budgets to spend for food!"

Southwest resident Dan Felger coordinates the Community Garden for St. Matthew's. Felger explained that the Garden's opening has been delayed until June 8, based on the availability of water at the site. He said the delayed opening that inconvenienced Southwest gardening registrants resulted from the unexpectedly high \$10,000 initial cost estimate to provide water service. Design modifications and reexamination of permit requirements eventually reduced the bill charged to St. Matthew's for water hook-up

to \$3,000.

The \$40 registration fee, which applies to one family unit [one adult, or one parent with one or more students who want to garden], reserves an 80 square foot plot and pays for monthly water usage and key to the locked garden. **Scholarships are available for parent and child applicants who qualify.** Gardeners must provide their own plants and seedlings or make arrangements with neighboring gardeners for these supplies. The Garden's management will provide hoses and water connections. Gardeners are to provide their own tools or make arrangements for sharing with neighboring gardeners.

Interested Southwesters and near Southeast residents are eligible to participate. **Contact Dan Felger at 202-488-8268, or danjeandc@verizon.net.** Felger said that the garden will be unlocked during daylight hours on schedules that will be developed to accommodate planting, tending and harvesting of individual plots by registrants. The season will continue through the end of September.

Southwest Neighborhood Assembly Scholarships Applications are now available

Students may now apply to receive a Southwest Neighborhood Assembly scholarship. Applications may be picked up and returned to the Southwest Library, 920 Wesley Place SW, Washington, D.C. 20024. The scholarship fund was established in 1974 to aid outstanding students in accomplishing the completion of their professional degree. New this year, student who will be attending a community college or trade school may now also apply, **DEADLINE JUNE 28.** For additional information contact Carolyn G. Mitchell at 202-554-8560.

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Crop Walk 2010

Over 100 participants collected more than \$12,000 during the three-mile walk on Saturday, May 22, beginning at Christ United Methodist Church and ending at Westminster Presbyterian Church, both located at Fourth and I streets SW.



Above left, The organizing committee for the Southwest Washington, DC CROP Hunger Walk 2010, left to right — Cecilia Daly (St. Dominic's), Mattie Sharpless (Riverside Baptist & top fund raiser 2007 - 2010), Ted Farrar, Mid-Atlantic Director, Church World Service, Ruth Beaver (St. Matthews Lutheran), Corinne Scott, (Christ United Methodist & Washington DC CROP Hunger Walk Coordinator). Above right, walkers. Photos by Dick Westbrook.



ANC 6D Meeting

From p. 2

month in order to maintain the park from 10 a.m. to 2 p.m. and encourage neighbors to join them.

Capper/Carrollburg in Capitol Riverfront was present for two separate presentations: a controversial petition to extend the deadline for construction of the community center for two years and an update from EYA on Capitol Quarter's Phase II. The ANC voted to approve the extension, with the provision to hold a community meeting on the subject of the new center, which will be located adjacent to the Marine Barracks parking garage. The delay has been due to financing issues.

EYA has begun construction work on the right of way of what will be a new street cutting through the blocks of townhouses of phase II of the project. This street will be called Third Place. EYA will return next month to petition the ANC for various public space permits.

The Mayor's Fix It program will be in Southwest on Monday, June 15 to complete projects in the area of O Street and Canal Street. Completion of repairs on the sidewalks between Fourth and Sixth streets along G Street, Southwest, and on the 900 block of Fifth Street in Southeast are being pushed by the mayor's office.

The ANC voted to petition DDOT for new signage for parking along P Street, with exception for residents, and to encourage WMATA to negotiate with the Washington Nationals to provide a discounted metro ticket on game days to alleviate automobile traffic congestion.

A motion to make an official ANC policy of demanding community benefits for any public space permit petition and another motion for the immediate establishment of a retail taskforce were both tabled for further study among much opposition.

The next ANC meeting will be on Monday, July 12 at 7 p.m. at St. Augustine's Church.

Health, Fitness and Nutrition



The Truth about Protein

By Derrick Inglut

When it comes to building muscle, everyone knows that an increased protein intake is a great start. However, what most people don't know is that not all proteins are equal, and some build muscle better than others. There are two main factors to consider when rating the quality of a protein. The first is its absorption rate – also known as bioavailability. The better a protein is absorbed, the higher the nitrogen balance that can be achieved within the body. High nitrogen is a good thing as it creates a more ideal environment for building lean muscle tissue via protein synthesis.

The second factor to consider is the diversity of its amino acid profile or “biological value” (BV). Biological value is typically rated on a scale from 1-100, but advancements in technology have made it possible to go much higher than that with refined proteins. For those unfamiliar with amino acids, just think of them as bricks in a wall. The bricks represent Amino acids, and the wall itself represents a protein. Amino acids are the simplest form of a protein, like bricks; they can be arranged in different ways to create different proteins. There are 20 different types of amino acids, 10 of which are essential meaning your body cannot make them on its own and they are essential to the life process.

Now that you know a little about the fundamentals of protein and the amino acids that create them, let's consider some other factors that can influence a protein's overall muscle building power. In a nutshell, proteins that contain all 20 amino acids are of better quality. We call these complete proteins. Proteins that do not contain all 20 amino acids are incomplete, though they should not be completely disregarded just

| BV Chart of Protein Food Sources | |
|----------------------------------|-------|
| BV Chart: | |
| Whey Protein Isolate | = 159 |
| Whey Protein Concentrate | = 104 |
| Eggs whole | = 100 |
| Eggs white | = 88 |
| Chicken / Turkey | = 79 |
| Fish | = 70 |
| Lean Beef | = 69 |
| Cow's Milk | = 60 |
| Unpolished Rice | = 59 |
| Brown Rice | = 57 |
| White Rice | = 56 |
| Peanuts | = 55 |
| Peas | = 45 |
| Whole Wheat | = 49 |
| Soy beans | = 47 |
| Wholegrain Wheat | = 44 |
| Corn | = 36 |
| Dry Beans | = 34 |
| White Potato | = 34 |

at an off-the-chart number of 159 out of a perfect 100, with Whey concentrate coming in at 104. Only because of modern day science do we have a protein this powerful.

For those who like to keep their diet free of chemicals and other man made supplements, fear not. Whey is nothing more than an ultra-refined byproduct of cheese production. However, in some cases, Whey's potent protein bioavailability can overwhelm the body's metabolic machinery. Therefore, if you have a sensitive digestion system, I recommend mixing this with a slower digesting protein like soy or casein to slow the digestive process. This way you get the best of both worlds, too – a protein complete with all 20 amino acids as well as a sustained release.

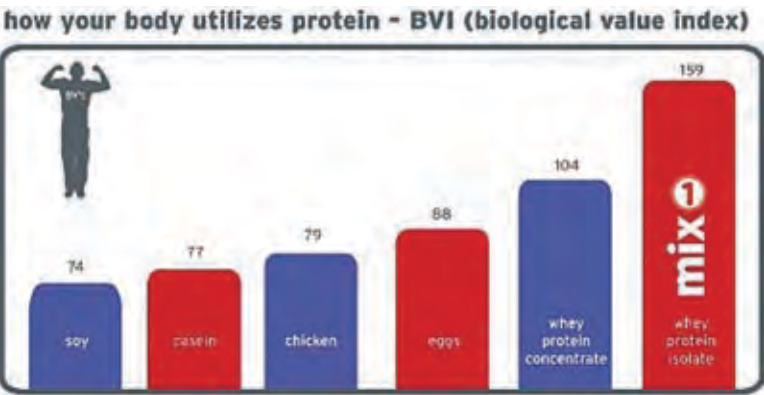
Protein has a long and destructive path to follow before it enters the bloodstream. The body renders as much as 95 percent of protein unusable because of stomach acid, so it would be wise to start with the most pure and non-denatured source protein. If you can ever avoid cooking your protein, you should. I'm not telling you to go out and drink raw egg whites or chew chicken straight from the package, but you should avoid cooking it when possible due to the fact that heat destroys some of the vital amino acid structures your body needs. That is why whey protein isolate is considered the best protein in the world, mainly because it is processed with zero heat for a total un-denatured final product. Whey concentrate, on the other hand, is processed with minimal heat and largely is still a good protein, especially given its cost effectiveness. The same goes with protein infused pasta noodles and other grains. These products typically use soy or casein as their base ingredient because it sticks together well, but considering the big price difference between these and regular products, the price outweighs any real benefit

you may get. However, if money is no object, go ahead! These products certainly won't hurt your results.

Lastly, I would like to completely debunk the rumor that the body cannot absorb more than 30 grams of protein at a time. Protein requirements are going to differ from person to person based on their metabolism, training program, lean body mass, gender, sport and caloric intake. To say that there is a one-size-fits-all number would be completely false, as if a 5-year-old girl could only absorb as much protein as a 300-pound linebacker who just finished a three-hour training session. Every case is different, and the body can absorb much more depending on these factors.

Long story short, here's the scoop: consume a variety of protein from white meat sources like chicken, turkey, fish and even ham. Minimize unnecessary heat when possible and try to get protein with every meal. Soy, casein and milk proteins make great nighttime proteins and whey makes a great post workout protein. Consume .5-.75 grams of protein per pound of weight to maximize lean body mass. Be sure to check with your doctor or nutritionist before attempting any change to your diet regimen.

Derrick Inglut is a personal trainer who writes on fitness and nutrition. His website is derrickinglut.com.



because of this. Most animal-based proteins like meat, fish, eggs and milk are complete proteins and offer increased muscle building power over their organic counterparts like Soy, beans, nuts and vegetables. Proteins derived from things that grow are largely incomplete and in some reports, can actually increase estrogen production. That's great news for women, but not so much for guys. On a good note, Soy does offer one of the slowest digestion times of all proteins, making it great to consume before bed. This way you can be sure that your body will have all that it needs to recoup during its eight-hour fast.

On the other side of the spectrum is Whey protein isolate. This is by far the best and most anabolic protein out there. Not only does it contain all 20 amino Acids (and large quantities of the proteins you really need for muscle growth) but it also boasts the widest availability of the amino acids for your body. Its amino acid profile rate is so good, that technologically its BV places

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(202) 258-6812
Rev. S. Isaiah Harvin
sisaiharvin@yahoo.com
Sunday: 2 p.m.
Wednesday: Bible Study 7:30 p.m.

Bethel Pentecostal Tabernacle of the Assemblies of God

60 I St. SW
(202) 484-3184
Pastor Robert Carter
tizdtw@yahoo.com
Sunday: 10:45 a.m.; Friday: Prayer and Bible Study: 8 p.m.

Carron Baptist Church

1354 First St., SW
(202) 484-3172
Pastor Lester W. Allen
Sunday: 11 a.m.
Tuesday: Noon Day Prayer, 7:30 p.m. Bible Study

Friendship Baptist Church

900 Delaware Ave. SW
(202) 488-7417
Rev. Dr. J. Michael Little, Pastor
Rachel McNeal, Admin. Asst.
crachel522@aol.com
Sunday: 9:30 A.M., Sunday School; 11 a.m. Morning Worship
Tuesday: 7 p.m. Prayer Service and Bible Study

Riverside Baptist Church

Seventh St. and Maine Avenue SW
(202) 554-4330
Pastor Michael Bledsoe,
pstrbled@comcast.net
Sunday: 10 a.m. with Bible Study at 9 a.m.

St. Matthew's Baptist Church

1105 New Jersey Ave. SE
(202) 488-7298
Rev. Dr. Maxwell M. Washington, Pastor
Gwendolyn Coleman, Office Asst.
praisethelord1820@yahoo.com
Sunday: 8 a.m. Sunday School; 9:05 a.m. Worship Service
Tuesday: 7 p.m. Prayer Meeting & Bible Study

Second Baptist Church Southwest

1200 Canal Street SW
(202) 484-3112
Reverend James Jones
Reverend Carl V. Messiah
sbcsww@aol.com
Sunday: 8 a.m. and 10:45 a.m.
Wednesday: Prayer Meeting 7 p.m.
3rd Sundays: 10:45 a.m. only, Unity Sunday

Second Union Baptist Church

1107 Delaware Ave. SW
(202) 484-7012

Rev. William Harrison, Pastor
secondunionbaptist@yahoo.com
Sunday: 9:30 a.m. Sunday School, 10:45 a.m. Worship
Wednesday: Noon Day Prayer, 3:30 p.m. Senior Bible Study (Greenleaf), 7:30 p.m. Prayer & Bible Study

St. Dominic Catholic Parish

603 E St. SW
(202) 554-7863
Father Gregory Salomone, O.P.,
fathergreg@speakeasy.net
Denise Marshall, Parish Receptionist & Admin. Asst., receptionist@st-dominic-church.org
Saturday: 5:15 p.m. (Vigil of Sunday)
Sunday: 8 a.m., 10:45 a.m., 12:15 p.m. (Spanish), and 5:15 p.m.
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Fr. Richard Gaucanyco
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Mon., Tues., Thur., Fri.: 12:10 p.m.

St. Augustine's Episcopal Church

600 M St. SW
(202) 554-3222
Rev. Martha Clark
marthakclark@yahoo.com
Sunday: 9:30 a.m.
Tuesday: 6:30 p.m. Evening Prayer

St. Matthew's Lutheran Church

Worshipping at First Trinity Lutheran Church, 501 Fourth St. NW at Judiciary Square
(410) 375-5053 (cell)
Pastor Phillip Huber
pchuber@hughes.net
Sunday: 10:30 a.m.
Wednesday: 6:45 p.m. Sing & Rejoice
Thursday: 6 p.m.: Bread and Soup, 6:45 p.m. Evening Prayer

Christ United Methodist Church

900 Fourth St. SW
(202) 554-9117
Rev. Adrienne Terry
ChristUMCDC@yahoo.com
Sunday: 10 a.m.
Thursday: 12 noon & 6:30 p.m., Bible Study

Westminster Presbyterian Church

400 I St. SW
(202) 484-7700
Co-Pastors: Rev. Ruth Hamilton and Brian Hamilton
Sunny Simmons, Project Admin.
sunny@westminsterdc.org
Sunday: 11 a.m.

Celebrate July 4th at St. Augustine's with Food and Best View of the Fireworks

On Sunday, July 4, St. Augustine's Episcopal Church members will celebrate with a cookout to raise funds benefiting its outreach programs. The outdoor festivities will take place at 600 M St., SW from noon to 10 p.m.

The Rev. Martha Clark, priest-in-charge, said, "We'll have tents, tables and chairs, and lots to eat and drink all day. Plus, at 8 p.m., we will be offering (for a small contribution) plenty of comfortable seating for you, your families and friends to watch the fireworks!"

She continued, "There's a large crowd expected for the Nationals game, as well as a special outdoor event hosted by Zanzibar, followed by the evening fireworks. Many people will be walking right by St. Augustine's on their way to the waterfront. We'll be there all day to offer them delicious hot dogs and hamburgers, chips and sodas for their enjoyment."

St. Augustine's "Rib Man", Mr. Buchanan, will cook the hot dogs and hamburgers, and



there will be sodas and chips for sale.

For further information, contact Rev. Clark at 202-554-3222 or rector@staugustinesdc.org.

Leaders

From p. 4

to have small feet. Since she was a little girl she decided that women in China weren't treated properly. She decided she would do something to fight injustice because she grew up in a culture where women weren't appreciated. After college, she came to D.C. to work in Congress and helped people, especially women, who were denied rights. She also worked for President John

F. Kennedy.

The fourth person to be honored was Patsy Mink, Congresswoman from Hawaii. The person to give tribute to her was her daughter, Professor Gwendolyn Mink. Ms. Mink went to the University of Chicago in 1951. Ms. Mink loved to play basketball, but in college women weren't allowed to play sports. When she wanted to go to medical school she was rejected because she was a woman so she decided to go to law school. She was one of only three women in her class. She became the first Asian American in Congress. In the year 1975, it was announced that Title IX was to be enforced. Title IX meant that women would be able to participate in sports such as basketball paving the way for the WNBA. When people were voting to get the Title IX Regulation approved, Gwendolyn Mink had an accident and Ms. Mink fled the capital to go to her daughter's aid. The Title IX Regulation wasn't approved falling short by one vote, Ms. Mink's vote. About two days later, it was reconsidered and approved because this time they had Ms. Mink's vote. Congresswoman Patsy Mink passed away in 2002.

The last person to be honored was Barbara Jordan, Congresswoman from Texas. Her neighbor Pearl Perry and her friend E. Faye Williams went up to the stage and talked about what a great person Ms. Jordan was and what happened after she died. She said she lost her voice because at the Waterside Apartment building they decided to rip out the old carpeting of Ms. Jordan's apartment and she lost her voice because of the mold. She said that Ms. Jordan was first a lawyer, then a politician, and then a professor at the University of Texas. Ms. Perry was the person who advised Ms. Jordan that she should run for Senate because she was such a hardworking woman. Ms. Jordan was unhappy about the two year House of Representatives term but ran anyway and served from 1973-1979. Ms. Barbara Jordan knew many important political figures including Presidents George Bush and Ronald Reagan. She liked people who could make others believe in themselves and hold onto their philosophies. Ms. Barbara Jordan also stood up for other races to help those races to have the right to vote.

All of the women honored at the Call Box Dedication Ceremony at Jefferson Middle School are not only to be remembered for their contributions to history but for inspiring others.

Raul Moreno is an eighth grade Jefferson Middle School student.

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Kids 6-12 Drop-in Camp at King Greenleaf run by DPR. No registration. Free.

NON- DPR CAMPS AT KING GREENLEAF

SOUTH WASHINGTON COLLABORATIVE —

Summer Program for 70 Kids ages 9-13, no cost. Theme – “It’s Your World.” To register contact Idena Sanders, program assistant at (202) 488-7997.

SPORTS TEEN CAMP — 32 teens tied to Youth Employment. Call 698-3493.

IMAGE TEEN CAMP — 32 teens tied to Youth Employment. Call 698-3493

ACADEMIC-ENRICHMENT and FUN

Amidon-Bowen High Tech Campus – 401 I St. SW:

KID POWER – June 28 to Aug. 6 – 9 a.m. to 3 p.m. plus care through 6 p.m. daily for grades 3-5. Elementary School Camp and Middle School Leadership Academy. Free. Has openings. Call 383-2543.

HEADS UP SUMMER OF LEARNING – June 28 to Aug 4. – M-F, noon to 6 p.m. K-6-grade students, Academic program including, math reading and community service. Free. Has openings. Call Wendy-Ann Dixon, 202-569-4177, www.headsup-dc.org

Jefferson Middle School — 801 Seventh St. SW

DCPS TRANSITION PROGRAM for 60 students, 5-6 grades for three weeks entering school, July 12 - 30, 8:30 a.m. - noon, includes lunch.



The school will select students for participation. Free. Interested parents should contact Jefferson. Office phone 729-3271

SW LIBRARY – 900 Wesley Pl. SW - 202-724-4752

Library Hours: M & W – 1 p.m. – 9 pm; T., Th., F., Sat. – 9:30 a.m. – 5:30 p.m. Closed Sunday

Children's Programs - “Make A Splash

Drop Everything and Read – 3:30 p.m.- 4:30 p.m. (computers are off)

Various performers – Dates to be announced
Story times for toddlers & young children
Tuesdays & Thurs., 10:30 a.m. – 12:30 p.m.

Programs For Teens

Wednesdays – 6:30 p.m. - Haiku to Hip Hop: Creative Writing Workshop – Ages 12-19

Other Teen programming: 1 p.m. – 3 p.m. daily – Board Game hour, Self exploration arts & crafts, Book talks, Discussions, Movie Hour, Chess Club

No registration necessary. All programs are free

SPORTS

King Greenleaf Recreation Center, First & N streets SW 202-645-7454 Henry Moton, Branch Manager

KGL REGULAR PROGRAMS will continue during the summer –

HOME RUN BASEBALL PROGRAM - starts June 28 – Six one-week sessions, 40 kids / week (Participant may continue more than 1 week) Ages 4 -8. No Cost, Applications at King Greenleaf Rec Center, Call John McCarthy – 202-239-22260 for information.

POP WARNER FOOTBALL AND YOUTH CHEERLEADERS - Starts August 1 – Contact Greenleaf Recreation Center – 202-545-7454 for age and weight groupings and schedule from young children to teens.

TENNIS TRAINING BY ACTIVE ACES SUPER TENNIS CLUB – ages 5-13 two six week sessions, Tues., Thurs. 9 a.m. – 11 a.m. – June 29-August 5 Call David Merriwether 202-246-9134

GROUPS TO HOOPS on Fridays and Saturday. 16-24 year. Friday and Saturdays 6 p.m. – 9 p.m. King Greenleaf Rec. July –September Contact Paul Taylor 202 340-4917 or Dan Davis at Sasha Bruce Youth Works.

BASKETBALL for 10-13 year olds, on Tues. & Thurs. evenings starting in late June.

GIRLS SOFTBALL 10 - 14 Tues. and Thurs, starting in early June King Greenleaf Rec. Center. **SW Unity Community Forum** Call Paul Taylor, 202-340-4917.

WASHINGTON NATIONALS – The Washington Nationals will support local programs with player visits.

Swimming Randall Pool – So. Capitol & I (Eye) streets SW – 202-727-1420

Opens weekends Sat. May 29; opens daily

June 21 Monday –Friday Public Swim Time 1 p.m. – 8 p.m.

Learn-to-Swim, ages 6-17 (open to children and adults) Swim Team, ages 6-17

General Camp Swim time 10 a.m. - 1 p.m. Sat/Sun 12-6 pm Swimming Coach on site. Free to District Residents.

FAITH BASED PROGRAMS

WESTMINSTER YOUTH MINISTRY – Westminster Presbyterian Church – Thursday -6:30 p.m. – 8 p.m., July 8,15,22,29. 50 Middle School students, 25 cents/night, health snack included. Theme “Where is the Love” YourTube/ Movie/Music- providing an accepting environment to talk about ideas about the many forms of love, physical, spiritual, personal, communal. Call 202-484-7700 or rwh@westminster.org.

THE ARTS

CAMP ARENA STAGE – Begins June 28 - Georgetown Visitation Preparatory School, 1524 35th St. NW, twp and four week programs, Call 202-234-5782, for dates and costs.

OTHER PROGRAMS PLANNED

JUMPSTART - Teaching life skills to at-risk youth through filmmaking. For more information call Michel Mack – 202-549-4129 or michaelmak@yahoo.com. JumpStart is a project of St. Augustine's Episcopal Church, 600 M St. SW.

SOUTHWEST NEIGHBORHOOD ASSEMBLY YOUTH TASK FORCE, PROGRAMS AT GREEN-LEAF RECREATION CENTER - Friday Night Crafts, 5 p.m. – 7 p.m. Pre-teens.



Kiwanis Club Cleans Up

The Kiwanis Club of the Southwest Waterfront met on Saturday, May 8, to clean the grounds of the Southwest Branch Library by collecting trash, leaves, and fallen branches. The clean-up was a part of the Kiwanis hands-on community service project.

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Arts and Culture

Art & Spirit Coffeehouse to Feature BJ Durham and Raheem Rasta

By Elaine Graves

St. Augustine's Episcopal Church's Art & Spirit Coffeehouse for Wednesday, July 7, at 7 p.m. promises to be an entertaining evening with a multitalented husband-and-wife team, consisting of Southwesters Barbara J.

Durham Rasta Coleman and Raheem Rasta. Barbara, a native of Chicago and known nationally as BJ Durham (Teacher BJ), is a special education teacher, poet, playwright, director, author, sign language instructor, educational rapper and tennis instructor. She received a tennis scholarship to Alabama State University where she earned a bachelor's degree in special education, and later achieved a master's degree in deaf education and multiple disabilities from the District's Gallaudet University.

BJ authored a book, "Willie Lee," about a little slave boy determined to learn to read in order to be free, and later created a one-woman show and presentation around Willie Lee's story. She is the founder, CEO and president of BJ Durham Productions, a company that produces educational games, videos, CDs and tapes to teach and motivate children to read. BJ considers herself blessed with a signing ministry, the Signing Stars through the Second Baptist Church Southwest. She and others go to churches to share sign language through singing the music. She and Raheem have collaborated on various creative projects and are presently working on two more books and educational CDs and DVDs.

Raheem Rasta, born and raised in Harlem, N.Y., started playing music at age seven, began



Raheem Rasta and BJ Durham.

his professional career at 14, and today is a master musician of the flute, alto sax, and Conga and Djembe drums. Since its founding in 1987, Raheem has headed his jazz band, The Universal Messengers of Music (TUMOM) which has appeared all over the area, and was designated as "International Ambassadors of Culture" to represent The District on a tour of San Remo, Italy. All seven members of TUMOM are bandleaders dedicated to helping other musicians develop their own bands and careers. Combined with Raheem's creative side is his strong interest in tutoring mathematics. He earned a BS in math-

ematics with physics minor from Brooklyn's Pratt Institute, and a MS degree in pure mathematics with a minor in statistics from Virginia State University. Raheem recently retired from a twenty-year career with the General Services Administration (GSA), where he served as the GSA Chief Financial Officer's first Webmaster. He is now looking to expand several business opportunities, including websites for travel booking and an international television broadcasting network. Raheem has produced CDs, DVDs, videos, concerts, TV and radio programs, books, community newspapers, art shows, tutorial program designs, and website designs.

For their appearance at the Art & Spirit Coffeehouse, the couple will perform pieces individually and together, based on BJ Durham's motto of "Learn, Grow and Share What You Know. It Helps the World to Grow." Coffee and desserts are offered, followed by an audience Q & A. The event is free, and donations are accepted for the artists' honorariums. St. Augustine's Episcopal Church is located at 600 M St. SW. Contact the Rev. Martha Clark, priest-in-charge, for further information at 202-554-3222 or rector@staugustinesdc.org.



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High School Sailing with DC Sail

By Nancy Simonson and Blair Overman

A couple of weekends ago, I went down to DC Sail at the waterfront for a sail and the tent barge was covered with high school kids, parents, DC Sail members, dock hands and coaches ... all cheering on teams as they rounded their mark going for the best time



Flying Juniors lining up at the starting line

of the day boat on boat. Camaraderie, competition, and all around good sport was the focus of the day. Parents, sailing students, onlookers alike chatted amiably shouting out encouragement as teams rounded the buoys, heeling at just the right angle to catch the maximum wind and not capsized. These kids know what they are doing and have learned their lessons well. It looked like a beautiful ballet, in sync with one another, yet competing against one another. Seeing how easily they maneuvered, how confident they were, and how much fun they were having, I was inspired all over again about being a member of DC Sail and learning the sport.

Last month, the final DC Sail High School regatta of the season took place at St. Mary's College. Saturday was a beautiful, warm sunny day with plenty of breeze. As reported by our High School Coach Lyzz, the teams managed to get three full rotations in before the wind got too heavy for high school competition. The general consensus for wind speed seemed to be mid-20 knots (that's almost 30 mph for those of you still new to sailing). The teams raced until about 2 p.m. and then came off the water to postpone until the wind slacked off a bit, which did not happen, so the rest of racing was cancelled. Everyone did a fantastic job keeping their boats upright, more or less flat, and even competitive. The big event was followed by a team campout, which was great fun as well, although also very breezy straight through the night. But, we persevered and got a little creative, using cars as a wind block for the campfire and tying tents to nearby trees. DC Sail sends many thanks to all the parents who donated their time, food, and support for yet another successful year-end regatta.

Sailing is one of the fastest growing sports in the United States. National competition among high schools has increased dramatically, and, the Mid-Atlantic region alone has experienced a 120% growth in the past three years. In an effort to support this trend, DC Sail (<http://www.dcsail.org/youth-hss>) provides facilities,

equipment, and coaching staff to interested high school students who live in the Washington, DC region. DC Sail offers high schools' a ready-made framework for starting or maintaining a competitive sailing team or sailing club at an affordable cost.

National Capital HS Sailing is an alternative educational and physical fitness program for high school students who are interested in sailing and racing. The program provides a positive environment in which all students can learn the importance of teamwork, respect, responsibility, leadership, commitment and sportsmanship. Sailing is a rapidly growing collegiate sport, so participation at a high school level is a valuable addition to a student's extracurricular record. There are currently one hundred and fifty-four colleges and universities in the U.S. that offer sailing

programs.

The National Capital High School Sailing Program acts as a facilitator for high school sailing teams. Last season, six schools participated in our program including Bishop O'Connell, Sidwell Friends, National Cathedral School, The Potomac School, Walt Whitman and Wash-



Flying Juniors Racing

ington International School. The program is all-inclusive; those who have never set foot on a sailboat are just as welcome to join the program as racers who have competed in high school regattas. The goal at DC Sail is to prepare high school sailing teams of all sailing abilities for competition in interscholastic high school sailing regattas.

If your child isn't yet in high school and wants to sail, there is a Kids Set Sail program with information at <http://www.dcsail.org/youth-kss>. It is a great way to prepare for the high school program. Children ages 7-14 will learn basic small boat sailing and will have the opportunity to become U.S. Level One certification, which is a nationally recognized certification demonstrating the handling a small boat.

DC Sail has a website at www.dcsail.org where more information about the High School program and Kids Set Sail programs can be found. DC Sail welcomes adults for classes, donations and memberships of different types. DC Sail is located at Gangplank Marina, 600 Water St., SW. Email Blair Overman, Sailing Director DC Sail, boverman@dcsail.org, or call 202-547-1250.

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